

ABSTRACT

A disposable incontinence pad with a longitudinal direction and a transverse direction and intended for men, includes an absorbent part with an upper liquid-permeable surface layer, a lower backing layer, and an absorbent body arranged between the liquid-permeable surface layer and the backing layer. The disposable incontinence pad also has a front end portion and a fastening system for fixing the incontinence pad to a pair of underpants, fixing pants or the like. The fastening system includes at least one fixing tongue extending in the longitudinal direction of the incontinence pad from the front end portion.